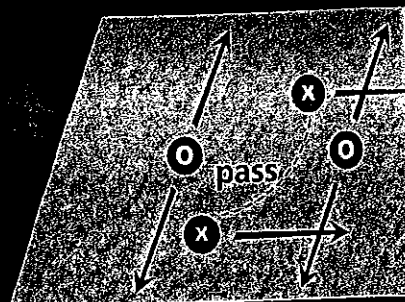


(particularly suitable for:
football codes, netball,
basketball, ice hockey,
hockey, water polo,
lacrosse, handball and
other sports as identified
in each game)



invasion games

The aim of invasion games is to score more points than your opponents within a given time limit, while endeavouring to keep their score to a minimum. The main tactics used are controlling the play to maintain possession, limiting opposition attempts to take possession, and attempting to gain possession including blocking access to scoring zones.

Invasion games are generally active and provide opportunities to develop a variety of movement skills including:

- locomotor movements, eg running, jumping, changing directions
- disposing of ball using hands, feet or other object (throwing, hitting, kicking etc)
- hand-eye coordination
- receiving a ball (catching, trapping)
- challenging another player in possession of the ball (tackling, grabbing).

Communication with team members and decision making is important and vital for success.

Modifications to suit specific needs of players include

- weight, size and shape of equipment
- adjust scoring targets and points system
- game rules, eg time allowed in possession, areas allowed in, types of passes and movements
- size and dimensions of playing areas
- roles and number of team-mates/opponents.

Invasion games allow participants to develop skills vital for all team games and encourage communication in a sporting environment.

Basketball
 Football codes
 Handball
 Netball
 Soccer
 Softcrosse/lacrosse
 Touch

NAME:

defend the cone

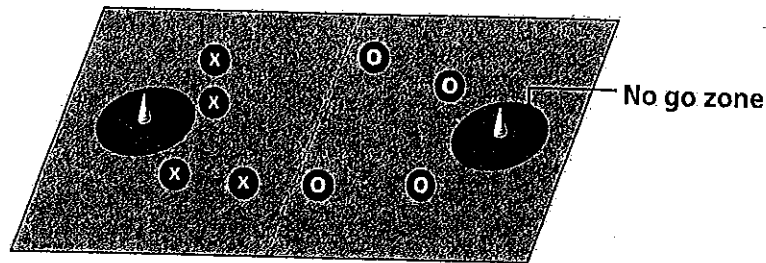
PURPOSE:

To work with team-mates to determine appropriate placement and timing of passes to score (attacking)

To work with team-mates to prevent scoring opportunities for opponents (defending)

EQUIPMENT:

- A large cone as target, a circle drawn around outside of cone to indicate a 'no go' area (approximately 2 metre diameter)
- A large ball (eg volleyball or soccer ball size)
- A basketball court or similar



HOW TO PLAY:

- Teams of equal size (eg 4 v 4)
- The game starts in the middle of the court
- The attacking team progresses down the court towards their cone
- Players may take four steps, but then must either bounce the ball once or pass to continue with the ball
- Their aim is to score 1 point by throwing the ball and hitting the cone
- No player is permitted to enter the zone around the cone
- The defenders must prevent the ball hitting the cone
- If the defenders gain possession of the ball they become attackers and pass towards their cone

SAFETY:

- Ensure a smooth playing area with adequate space between games
- No contact should occur between players in opposing teams
- The ball cannot be taken from another player's possession

FOCUS QUESTIONS:

Attackers

- When will you try and score?
- Where will you run to be in a position to score?
- How can you work together to get the team into a good scoring position?
- What can you do to deceive your opponents before you attempt to hit the cone?

Defenders

- Where will you move to defend the cone?
- When will you try to gain possession?
- How can you put pressure on the person with the ball?

VARIATIONS:

1. **Have uneven teams (attackers or defenders) which will increase the challenge for the team with less players**

Focus questions

- What effect has the decreased numbers had on the game?
- How can you overcome this disadvantage when attacking/defending?

2. **Vary the number of steps the person in possession of the ball may take**

Focus question

- How does this change the game (for both attackers and defenders)?

3. **Use two cones for each team to defend**

Focus question

- How do you decide which cone to defend?

NAME:

tag ball

PURPOSE:

- To explore how movement and passing skills can be used to your team's advantage
- To learn how to communicate and work together to score points
- To explore how to use movement skills and court space to avoid being tagged

EQUIPMENT:

- A rectangular playing area, eg netball court size
- Coloured braids to distinguish teams
- A large ball (volleyball or soccer ball size)

HOW TO PLAY:

- Two even teams of six to eight players
- The game involves one team passing the ball among themselves while chasing the opposing players
- The aim is to tag/touch the opponent with the ball
- The chasing team cannot run while in possession of the ball
- Opponents are allowed to run anywhere in the marked area while trying to avoid being tagged
- Possession changes after a tag or if an opponent runs outside the marked area while trying to avoid being tagged

SAFETY:

- Use a grassed area
- Ensure the ball is not thrown at players
- Discourage contact between players

FOCUS QUESTIONS:*Attackers*

- How can you work with your team-mates to try and tag a player?
- Where is a good position on the court to try to force a tag?
- What type of passes will help you score tags?

Defenders

- Where on the court should you run to avoid being tagged?
- What movement skills can you use to avoid being tagged?

VARIATIONS:

1. **One team is allowed to keep possession for a set time limit (eg 3 minutes). The opposition tries to score as many tags as possible within this time. Players remain on the field and can be tagged again, but only after another person has been tagged.**

Focus questions - Attackers

- How can players communicate with each other to improve their chances of tagging an opponent?
- How can you share the workload among players so that the number of tags does not decrease over time?

2. **Allow players in the team being chased to intercept the ball. Each intercept scores a point. The first team to score a set number of tags or interceptions (eg 10) wins.**

Focus questions - Defenders

- What options do you have to help your team regain possession?

Focus questions - Attackers

- How might your passing options change now that opponents can intercept the ball?

3. **Vary skills/rules that may be allowed during the game, eg**
 - **players are allowed up to three steps while in possession of the ball**
 - **players can dribble the ball as well as pass**
 - **a player can keep possession for a set time only (eg 3 seconds) whether passing, dribbling or running etc**

Focus question

- What effect do the new skills/rules have on the game?

NAME:

5-point player

PURPOSE:

To determine as a team how best to keep scoring to a minimum

To explore options for gaining maximum points under the pressure of restricted time

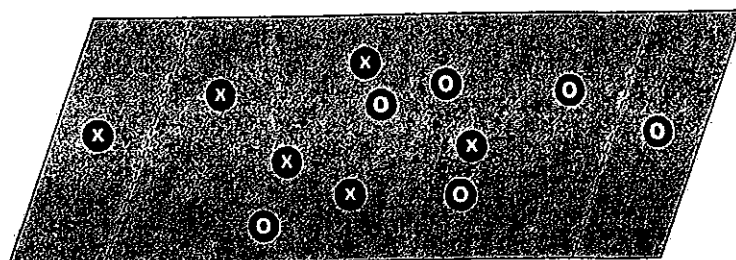
EQUIPMENT:

- Volleyball/netball court or similar area with an end zone marked
- One volleyball or soccer size ball
- Braids/bibs to distinguish teams
- The size of the court and end zone will vary according to the number and ability of players

HOW TO PLAY:

- Even teams (eg 4 v 4)
- Only one player from the attacking team is allowed in the end zone
- The attacking team has 30 seconds to score as many points as possible
- One point is awarded for every successful pass to a team player in the large area of the court and 5 points for every successful pass to the player in the end zone
- No contact is allowed and defenders must stand 1 metre away from the player with the ball
- There is no restriction on the number of defenders in the end zone
- If the defenders intercept or deflect a pass, 3 points are deducted from the attackers' score
- The ball is placed on the ground for the attackers to resume play
- A running score is kept throughout the game and the team with the most points at the conclusion of the allocated time wins

Note: All players should have a turn at being the 5-point player



SAFETY:

- Ensure space is adequate for the number of players
- Ensure the no contact rule is followed

FOCUS QUESTIONS:

Attackers

- When is it better to go for a 1 point score?
- When might you try to score 5 points?
- How can you work as a group to make defending hard for your opponents?

Defenders

- How can you work as a group to make scoring opportunities difficult?
- Is it better to play one-on-one or cover space?
- What are the advantages/disadvantages of overloading the defence on the 5-point player?

VARIATIONS:

1. **Remove the end zone, but still have a 5-point player. All other players may move anywhere on the court.**

Focus questions

- What options are available to the defenders to try to keep the 5-point player from receiving the ball?
- How can the attackers combine to get their 5-point player into a good position to receive the ball?

2. **Remove end zone and have two players (in a team of five) who are the 'scoring' players. Points are only gained (eg 5 points) when one of these players receives the ball.**

Focus questions

- When will you pass to a 5-point player?
- When would it be better to play safe?
- How can you combine to keep the two 5-point players out of the game?

NAME:

end ball

PURPOSE:

To explore passing options that will move the ball down the field to set up scoring opportunities

To determine what options are available to make passing, receiving and scoring difficult for an opponent

EQUIPMENT:

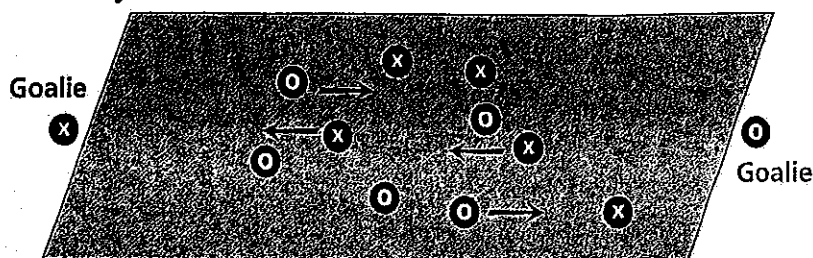
- Rectangular court with no go zone marked
- One volleyball or soccer size ball
- Bibs or braids to distinguish teams

HOW TO PLAY:

- Two even teams (eg 5 v 5) with one player (goalie) from each team standing behind their own score line
- The game starts with the ball behind the score line of one team
- All other players except the goalies are on court
- The ball is passed, kicked or dribbled (depending on the sport you are playing) from the opposition's score line down the court among team-mates until it can be thrown to their goalie.
- If the goalie catches the ball their team scores 1 point and the ball is passed to the opposition to restart the game. If the goalie doesn't catch the ball no points are scored and the ball is turned over to the opposition to restart
- Players cannot run with the ball or cross the score line and the goalie cannot enter the playing area
- No contact between players is allowed
- A defender must be at least 1 metre away from the attacker with the ball
- Defenders may intercept passes from the attackers
- Once a goal is scored, the goalie is replaced by another player from the same team
- The ball is given to the opposition so that play can restart along the score line

SAFETY:

- Even playing surface
- No contact allowed



FOCUS QUESTIONS:

Attackers

- When should you pass to a team-mate on court or to the goalie?
- How can you work with your team-mates to assist the person with the ball?
- What can you do if you move into a new space before your team-mate is ready to pass?

Defenders

- How can you stop your opponent from receiving the ball? (remember no contact)
- If your opponent is able to get the ball easily, how can you change your defence to make their involvement in the game less dominant?
- If your opponent has the ball, how can you make it difficult for them to get a good pass away?
- Once your opponent has passed the ball, what can you do to try to stop them receiving another pass?
- What can be done to make the pass to the goalie difficult?

VARIATIONS:

1. Restrict the time in possession (eg 3 seconds)

Focus question

- How can you increase pressure to make passing difficult within the time limit?

2. Restrict the areas where players are allowed to go, eg add a 5 metre no go zone in front of the score line, or make the playing field smaller

Focus question

- How have you changed your play to suit the new rules?

3. Change the target (instead of the end person), eg

- large cone/garbage bin
- person holding a bucket — the ball must go in the bucket to score a point
- hoop on ground — score by bouncing the ball inside the hoop etc

Focus questions

- How do the different targets change how you try to score points?
- How do the different targets change how you try to stop scoring?

NAME:

2 on 1

PURPOSE:

To explore the use of movement and ball skills, both individually and in combination with others, to move the ball down court while avoiding the defender

EQUIPMENT:

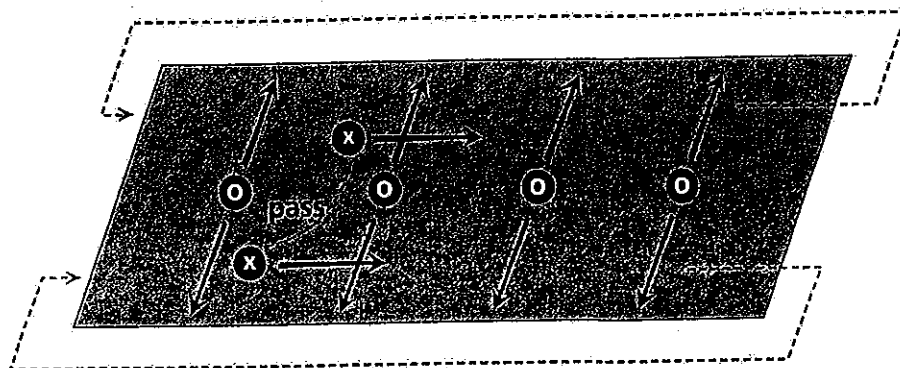
- Court space, eg basketball court divided into quarters with one defender on each line (see diagram)
- One ball (approximately volleyball size) per pair or variation, eg two sofrocrosse sticks or hockey sticks and one ball per pair, or a basketball or soccer ball per pair

HOW TO PLAY:

- Attackers (X) in pairs start staggered at one end of the court with the ball
- Attackers pass, catch and run with the ball as they try to get to the other end of the court without the defender (O) intercepting the ball or tagging (touching) the ball carrier
- Attackers jog around the outside of the court back to the start
- The defender is restricted to one area of the court and can only move sideways along their line
- Once the attacking pair have passed, the defender gets ready for the next pair

Scoring

- One point to attackers if they reach the end without being tagged or having the ball intercepted
- One point to a defender (O) if they intercept a pass or tag the player in possession
- Play a set time limit (eg 2 minutes) or a set number of points (eg 6) before a defender is replaced



SAFETY:

- Ensure a safe playing area with additional space at the ends of the court and that players do not jog back through the playing court

FOCUS QUESTIONS:

- When is a good time to run with the ball?
- When is a good time to pass the ball to your team-mate?
- If you don't have the ball how can you help your partner?
- Is it better to pass to your team-mate when you are close to the defender or further away?
- If you can't pass a high ball to your team-mate, what other passes might be suitable?
- As a defender, is it better to attempt to intercept the ball or tag the player? In which situations may your decisions change?

VARIATIONS:

1. Restrict the time in possession for any one player (eg 3 seconds)

Focus questions

- How has this changed your ability to penetrate?
- How have you changed your tactics now that time in possession is limited?

2. Add more defenders along each line

Focus questions

- How can you use your skills to create space for your team-mate to receive the ball?
- How have the extra defenders affected your options?

3. Allow the defenders to defend in the space in front of their line but the only contact allowed is the tag

Focus question

- How has the speed of the game changed?

4. The ball can only be passed backward

Focus questions

- Has this rule made it easier or harder for the defenders? Why?
- What must you do in attack once you have passed the ball?

NAME:

dribblers and robbers

PURPOSE:

To explore ways of keeping possession of a ball being dribbled

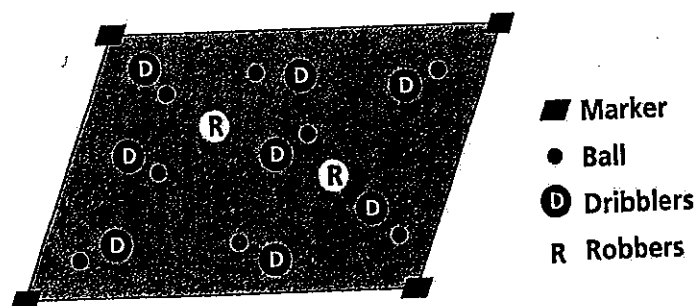
To explore ways of gaining possession

EQUIPMENT:

- Approximately five basketballs, soccer balls or hockey balls and sticks or similar for a group of eight players
- A rectangular playing area large enough for the players to participate safely
- Markers

HOW TO PLAY:

- Each dribbler (D) is given a ball — the number of balls you have will determine the number of dribblers in the game
- The dribblers must try to keep possession of the ball while staying within the marked area
- They can dribble the ball with one or two hands, dribble with their foot or dribble with the hockey stick
- Two extra players (R) (known as robbers) try to steal a ball without making body contact with the dribbler
- If the ball is stolen, dribblers then become robbers and take on a defensive role trying to regain possession from any of the dribblers left with a ball



SAFETY:

- Ensure an adequate space for the number of players
- Encourage players to be aware of others around them

FOCUS QUESTIONS:

Dribblers

- What did you do to keep control of the ball?
- How were you able to keep the ball away from the robber?
- If the ball was stolen, can you do something different next time to protect the ball? What?

Robbers

- When was a good time to try to steal the ball?
- What did dribblers do to try to stop you getting the ball? If it worked, are there other things you can do to get the ball?

VARIATIONS:

1. **Have less balls, eg one per pair of dribblers and allow dribblers to pass the ball as well as dribble**

Focus questions

- When will you pass and when will you dribble?
- If you aren't dribbling a ball what should you do to be ready to receive a pass?

2. **Have all dribblers with the ball at one end and the two robbers on court. The dribblers have to get to the other end without having their ball stolen.**

Focus questions

- Can you work together to make it hard for the robbers to get the ball?
- Is it better to try to get to the ball quickly or wait till the player moves towards you? Why?

Basketball
 Football codes
 Handball
 Hockey
 Netball
 Soccer
 Sofcrosse/lacrosse
 Touch

NAME:

3 minutes

PURPOSE:

To explore long and short passing and dribbling options when penetrating towards the scoring zone

To explore ways of supporting the person in possession

To explore how to make scoring difficult for the team in possession

EQUIPMENT:

- Medium sized ball to bounce
- Sofcrosse or hockey sticks
- Soccer balls or footballs
- Four braids
- One whistle for the referee

HOW TO PLAY:

- The game is 4 v 4 on an area equivalent to a netball or basketball court (this can vary with the size and skill of players)
- One team tries to maintain possession of the ball for 3 minutes
- To score they must have someone catch, run or dribble the ball across their own score line - the aim being to score as many points as they can within 3 minutes
- Defenders may intercept or tag the person with the ball
- If this occurs, the defenders are given 1 point but the team with the ball maintains possession and tries to score again until the time is up
- If the ball goes out of court the ball remains in possession of the attacking team and is taken from the sideline
- Two points are awarded each time the ball crosses over a score line
- At the end of 3 minutes the other team repeats the above, aiming to score more points than the first team
- A legal tag is made between the shoulders and the knees

SAFETY:

- Ensure adequate space for the number of players
- If players get tired, use rest time between games to discuss options

FOCUS QUESTIONS:

Attackers

- Is it better to dribble the ball or pass it to score quickly?
- When is it worth risking the long pass?
- Where can you position yourself in relation to the ball carrier and your team-mates so that you can be useful?

Defenders

- How can you slow down the scoring?
- Is it better to go for the intercept or protect the scoring zone?
- How can you work together to limit movement towards the scoring zone?

VARIATIONS:

1. **Divide the court space into two halves and allow a maximum of three players per team in each half**

Focus questions

- What is the best way to defend with limited numbers?
- Can you move the ball up the playing field faster? Why/why not?

2. **Change the scoring zone at each end to three hoops. The ball must be bounced or placed in one of the hoops to score**

Focus questions

- Is it easier to defend the hoops or the line? Why?
- How can you maintain quick scoring with the smaller targets?

3. **Players must take it in turns to score across a line, ie each player in a team must take a turn to score**

Focus questions

- How can you work as a team to enable each player to score in a set order?
- If you know who has already scored how can you slow down future scoring?

NAME:

keep the ball

PURPOSE:

To work as a team to keep possession of the ball

To explore ways individually and as a team of gaining possession of the ball

EQUIPMENT:

- One soccer ball/football/handball - depending on the sport
- Sofcrosse or hockey sticks
- Three braids
- Appropriate sized playing area

HOW TO PLAY:

- The game is played 3 v 3
- The object is for one team to make 10 passes between team-mates
- Travelling with the ball is limited to one step (or one or two touches)
- Five passes = 1 point; 10 passes = 2 points
- If the team makes 10 passes, possession changes
- If the defenders prevent 10 passes being made, they score 2 points and become the attacking team

Note: No contact between players is allowed and the ball cannot be taken out of the hands of attackers

SAFETY:

- Ensure adequate space for the number of players

FOCUS QUESTIONS:

Attackers

- Where will you pass the ball?
- When will you pass the ball?
- If you haven't got the ball, what can you do to make yourself available to receive a pass?
- How can you get away from your defender?

Defenders

- How can you make it hard for your opponent to make a pass?

- How can you make it hard for your opponent to receive a pass?
- How can you work together to stop a pass getting through?

VARIATIONS:

- 1. Place a restriction on the time a player may keep possession before passing, eg 4 seconds**

Focus questions

- With less time to pass the ball what variations in play may be necessary?
- Is it better to pressure the thrower or the receiver? Why?

- 2. Allow players to run with the ball or bounce the ball but a tag by the defender stops further passes being made**

Focus questions

- When will you try to run and when will you try to pass?
- As a defender is it better to play one against one or have two defenders guarding one player? Why?

- 3. All players must receive at least three passes while trying to reach a team total of 10**

Focus questions

- How can you ensure that all players are available for their three passes?

- 4. Change the rules covering scoring, eg how many passes can be made within a set time limit (eg 45 seconds), lose 3 points each time the defence is able to force an error or gain the ball, possession stays with the same team for the set time limit**

Focus questions

- How can you work together as a team to score maximum points?
- As you get tired will you risk passes or play safe to avoid losing points?
- Where should you stand to prevent short quick passes being made by the team with the ball?
- How can you deceive your opponent so they think the pass will be safe?

